

CARAMELISED APPLES WITH BUCKWHEAT PANCAKES

Sunday brunch anyone? For a truly luxurious – but wheat-free start to your day these delicious pancakes are fantastic way to kick start your day. Serves 4

Ingredients

Pancakes

3 eggs
125g buckwheat flour
1 large tsp honey
A big pinch of baking powder
140 ml milk
Pinch sea salt
Oil and 25g butter for cooking

Caramelised apples

4 apples, cored and diced
50g butter
25g sugar
½ tsp cinnamon
½ lemon, juice
Greek yoghurt to serve

Method

Caramelised apples To begin start by making the caramelised apples—add the butter to a medium sized pan and allow the butter to foam a little, add the apples, cinnamon, sugar and a little squeeze of lemon juice. Cook until the apples are golden and sticky (about 5 minutes).

For the pancakes - separate the eggs. Place the yolks in a large bowl and add the buckwheat flour, honey, baking powder and a pinch of salt and mix thoroughly. Slowly add the milk to make a smooth batter. You can do all this the night before!

In a separate bowl, whisk the egg whites to firm peaks and fold gently into the yolk mixture (this will aerate the mixture).

Heat a large fry pan with a little oil and a small knob of butter. Drop spoonful's of mixture into the hot pan and cook for 2-3 minutes on each side.

Recipes for the Cooking Demonstration at the Otago Farmers Market on July 14th

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CREAMY SWEDE SOUP

This is a smooth, tasty soup which highlights this humble winter veg! Serves 4

Ingredients

1 swede, peeled and cut into cubes	2 stalks celery, finely sliced
3 Tbsp olive oil	1 clove garlic, crushed
salt and freshly ground black pepper	6 stalks fresh thyme, leaves only
1 onion, finely chopped	1.25 litres vegetable stock
2 carrots, finely sliced	100ml cream (optional)

Method

Preheat the oven to 200C.

Place the cubes of swede in a roasting tray. Drizzle over two tablespoons of the olive oil and season.

Roast in oven for 25-30 minutes until golden brown and tender, stirring occasionally.

Meanwhile, heat the remaining tablespoon of oil in a large heavy-based saucepan, stir in the onion, carrots, celery, garlic and thyme leaves and fry for 4-5 minutes until softened but not browned.

Add the roasted swede to the pan and pour over the stock.

Bring gently to the boil, cover and simmer for 25-30 minutes, stirring occasionally.

Purée the soup in a food processor or liquidiser until completely smooth.

Transfer the soup back to a clean saucepan. Stir in most of the cream, reserving some for garnishing. Gently heat through and adjust the seasoning if necessary.

Serve in warm bowls with a grind or two of freshly ground black pepper.



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Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

www.otagofarmersmarket.org.nz

THE STEAK SANDWICH

Ingredients

About 2 tbsp olive oil
700g rump steak, cut into four 2cm thick steaks
Salt and black pepper
4 bread rolls, cut open
8 Tbsp mustard mayonnaise (Recipe below) or simply use mustard and mayo
About ½ a head of lettuce
4 Tbsp gooseberry sauce or any tangy or hot sauce

Method

Place a ridged griddle pan on a high heat and leave it for several minutes until piping hot (or stoke up the barbecue). Drizzle a tablespoon of olive oil over the meat and season generously with salt and pepper. Rub the seasoning into the meat, then place in the hot pan. Cook for about three minutes on each side for medium, or longer if you prefer it well done. Remove the steaks from the pan and keep them somewhere warm while they rest.

Now place the rolls cut side down in the griddle pan and toast them for a few seconds – take care they don't char too much.

To assemble, spread mayonnaise on both halves of each roll. Line the bottom half with lettuce, spread the sauce over it. Slice the meat on an angle and arrange over the lettuce. Sprinkle with salt and pepper. Finish with more lettuce, cover with the other half of the roll, and get your teeth into it!

MUSTARD MAYONNAISE

Ingredients

1 free-range egg	1 crushed garlic clove
1 tbsp Dijon mustard	½ tsp caster sugar
2 tbsp grain mustard	⅓ tsp salt
2 tbsp cider vinegar	350ml sunflower oil

Method

Put the egg, mustards, vinegar, garlic, sugar and salt in a small food processor bowl, start the machine and, while the motor is running, start adding the oil in a slow, steady trickle. Once all the oil is in and the mayonnaise is smooth and thick, transfer to a clean jar, seal and refrigerate. It should keep for up to a week.

CUMIN ROASTED CARROTS

This brings back memories of Turkey and Morocco, warming aromas mixed with vibrant sweet tasting carrots and best eaten with fingers!! Serves 4

Ingredients

1 bunch (500g) fresh carrots	2 cloves garlic
4 Tbsp olive oil	2 -4 Tbsp fresh walnuts, lightly roasted
1 Tbsp chopped rosemary or thyme	75g feta cheese, crumbled
quality extra virgin olive oil for drizzling	
2 tsp cumin seeds, lightly toasted in a dry frying pan and then ground	
To serve – crisp flatbreads	

Method

Preheat oven to 180C.

Scrub and trim the carrots, cut them in half lengthways and put them in a roasting dish along with the garlic and olive oil. Season lightly with sea salt flakes and freshly ground pepper and place into preheated oven and roast for about 30 – 50 minutes depending on thickness of carrots or until they are tender, and slightly browned.

Remove from the oven and cool slightly, add the cumin seeds, and half the fresh herbs. Mash coarsely with a fork or masher and spread out onto a platter. Sprinkle with toasted walnuts, crumbled cheese and a sprinkling of herbs. Drizzle generously with extra virgin olive oil, a couple more pinches of sea salt flakes and serve with plenty of toasted flatbreads!

Thanks to the following Vendors for generously supplying their produce for the demonstration

GODDARDS – swede

WAITAKI BEEF – beef

LIEVITO BAKERY – freshly baked goods

WAIRUNA ORGANICS – carrots

ETTRICK GARDENS – apples and kale

JUDGE ROCK WINES – Central Otago wines

BRYDONE ORGANICS – lettuce